

## CONNECTING WITH INNER ALTAR OF THE HEART

### Overview

The **Inner Altar of the Heart** is where we can go to connect with our Souls. No matter where we may go in Consciousness, no matter how much we forget, we can always return here to restore that precious connection. From your Inner Altar, you have a perspective on what's going on in your own body and fields that is very difficult to get otherwise. You can also access your own pocket of the Inner Planes from the Inner Altar. This is the Astral Realm of dream and symbolism, which can offer the key to discovering and breaking down limiting patterns of thought and behavior. But you don't have to do anything here. Sometimes, when you are upset, or life has become disruptive, just coming to Presence in the center of the heart is enough to calm you, and open you to the possibilities of different solutions.

### Overview

1. Unify your fields with the Unified Field Meditation
2. Close your eyes, take a deep breath, and relax
3. Allow your Consciousness to drop from where it usually lives behind your forehead. Feel yourself dropping down, down, down through the throat, and into the center of your chest, in the center of your Heart Chakra, into the Inner Temple of the Heart.
4. Take a look around. Your Inner Temple won't look like anyone else's, because it has been built by your Soul over lifetimes of experience. It will reflect you perfectly. It may look like a constructed place, a large hall or cathedral. Or it may be a vast meadow under a blazing sun. Whatever it looks like, examine it, feel what it is, what it means to you.

5. In the center of your Inner Temple, there is a central place, where you'll find your Inner Altar. Again, this might be natural, or it might look like something manmade. In this central place, three Flames reach up towards the ceiling/sky. They are Flames that give off light, but not heat. The three distinct Flames look like stylized flower petals. One Flame is Love, one is Truth, and the final one is Energy (or Power, or Beauty, depending on the system you use).
6. Study the Threefold Flame in the center of your Heart. Are the flames uneven? Is one bigger or smaller than the others? If so, use your intent to adjust them until they are all the height of the tallest flame. You might also notice which ones don't match the others. That is good information about what you might need to work on.
7. Step through the flames to the center. Again, the Flames give off light, but not heat. Settle yourself in the center.
8. From the center of the Threefold Flame, take deep breaths. Ask your Spirit to fill you, and simply be.

There will be other techniques that will teach you some things you can do while you're in the Flames of your Inner Altar. But for now, just get to know this special place, that represents the heart of everything you are.